



NEW YEAR'S RESOLUTION: QUIT FOR GOOD.

~ HELP WORKS ~

Every year, Tobacco
Smoking causes
480,000 deaths in the US

A white silhouette of the United States map is shown against a teal background. A hand from the right is holding a lit cigarette, with smoke rising from it and partially obscuring the map.

480K



A CDC study found that people who used both **telephone and web-based** help to stop smoking were more likely to quit than people who used only phone or only web.

You can quit. For free help,
CALL **1-800-QUIT-NOW** or visit
CDC.gov/tips



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention